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What is claimed is:

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1. A baked bread product comprising:
 - (1) a wheat flour product;
 - (2) a grain/seed source of soluble fiber; and
 - (3) a processed source of soluble fiber;

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wherein the bread product has a total soluble fiber content of at least about 0.8 wt.% on a 42% moisture basis and a total beta-glucan content of at least about 0.2 wt.% on a 42% moisture basis.

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2. The baked bread product of claim 1, wherein the wheat flour product comprises at least about 50 wt.% whole wheat flour based on the total weight of the wheat flour product.

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3. The baked bread product of claim 1, wherein the wheat flour product comprises 100 wt.% whole wheat flour based on the total weight of the wheat flour product.

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4. The baked bread product of claim 1, wherein the wheat flour product is included in the baked bread product in an amount ranging from about 30 wt.% to about 50 wt.%.

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5. The baked bread product of claim 1, wherein the wheat flour product is included in the baked bread product in an amount ranging from about 40 wt.% to about 45 wt.%.

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6. The baked bread product of claim 1, wherein the grain/seed source of soluble fiber is selected from the group consisting of wheat, rye, oats, barley, triticale, corn, soy, rice, flaxseeds, sunflower seeds, millet, buckwheat, amarath, spelt, almonds, hazelnuts, walnuts, pecans and mixtures thereof.

7. The baked bread product of claim 1, wherein the grain/seed source of soluble fiber comprises at least one source high in beta-glucan selected from the group consisting of oat, oat bran, rye, barley, barley bran and flaxseed.

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8. The baked bread product of claim 1, wherein the grain/seed source of soluble fiber comprises waxy-hulless barley.

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9. The baked bread product of claim 1, wherein the processed source of soluble fiber is selected from the group consisting of refined gums, extracts high in pectin, herb extracts, beta-glucan extracts from grains and mixtures thereof.

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10. The baked bread product of claim 1, wherein the processed source of soluble fiber comprises apple pectin or apple pectin concentrate.

11. The baked bread product of claim 1, wherein the processed source of soluble fiber comprises guar gum.

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12. The baked bread product of claim 1, wherein the processed source of soluble fiber comprises psyllium.

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13. The baked bread product of claim 1, further comprising at least one soy component selected from the group consisting of soy protein concentrate and soy protein isolate extruded into crisp pieces, clusters or nuggets.

14. The baked bread product of claim 1 having a total soluble fiber content of at least about 1.0 wt.% on a 42% moisture basis.

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15. The baked bread product of claim 1 having a total beta-glucan content of at least about 0.4 wt.% on a 42% moisture basis.

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16. The baked bread product of claim 1 comprising at least about 6 wt.% total dietary fiber on a 42% moisture basis.

17. The baked bread product of claim 1 comprising at least about 7 wt.% total dietary fiber on a 42% moisture basis.

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18. The baked bread product of claim 1, wherein the baked bread product is in the form of bread or a roll and has a density ranging from about 3.5 to about 4.5 cc/gram.

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19. The baked bread product of claim 18 having a density ranging from about 3.5 to about 4.0 cc/gram.

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20. The baked bread product of claim 1, wherein the baked bread product is in the form of a bagel and has a density ranging from about 2.5 to about 3.5 cc/gram.

21. The baked bread product of claim 20 having a density ranging from about 2.75 to about 3.25 cc/gram.

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22. The baked bread product of claim 1 having a GI value of 55 or less.

23. The baked bread product of claim 1 having a GI value of 50 or less.

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24. The baked bread product of claim 1, wherein the baked bread product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 40 wt.% of the total of the grain, nuts and/or seeds in the bread product is retained by a sieve having a 12 US mesh sieve size.

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25. The baked bread product of claim 1, wherein the baked bread product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 75 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

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26. The baked bread product of claim 1, wherein the baked bread product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 95 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

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27. The baked bread product of claim 1, wherein:
the wheat flour product comprises at least about 50 wt.% whole wheat flour based on the total weight of the wheat flour product;

the grain/seed source of soluble fiber is selected from the group consisting of oat, oat bran, rye, barley, barley bran and flaxseed;

the processed source of soluble fiber is selected from the group consisting of psyllium, beta-glucan extracts, apple pectin, and apple pectin concentrate; and

the bread product has a total beta-glucan content of at least about 0.4 wt.% on a 42% moisture basis.

28. A composition comprising:

- (1) a wheat flour product;
- (2) a grain/seed source of soluble fiber; and
- (3) a processed source of soluble fiber;

wherein the composition contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 20 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 12 US mesh sieve size.

29. The composition of claim 28, wherein the wheat flour product comprises at least about 50 wt.% whole wheat flour based on the total weight of the wheat flour product.

30. The composition of claim 28, wherein the wheat flour product comprises 100 wt.% whole wheat flour based on the total weight of the wheat flour product.

31. The composition of claim 28, wherein the grain/seed source of soluble fiber is selected from the group consisting of wheat, rye, oats, barley, triticale, corn, soy, rice, flaxseeds, sunflower seeds, millet, buckwheat, amarath, spelt, almonds, hazelnuts, walnuts, pecans and mixtures thereof.

32. The composition of claim 28, wherein the grain/seed source of soluble fiber comprises waxy-hulless barley.

33. The composition of claim 28, wherein the grain/seed source of soluble fiber comprises at least one source high in beta-glucan selected from the group consisting of oat, oat bran, rye, barley, barley bran and flaxseed.

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34. The composition of claim 28, wherein the grain/seed source of soluble fiber is present in the composition in a total amount ranging from about 4 to about 12 wt.%.

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35. The composition of claim 28, wherein the grain/seed source of soluble fiber is present in the composition in a total amount ranging from about 8 to about 10 wt.%.

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36. The composition of claim 28, wherein the processed source of soluble fiber is selected from the group consisting of refined gums, extracts high in pectin, herb extracts, beta-glucan extracts from grains and mixtures thereof.

37. The composition of claim 28, wherein the processed source of soluble fiber comprises apple pectin or apple pectin concentrate.

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38. The composition of claim 28, wherein the processed source of soluble fiber comprises guar gum.

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39. The composition of claim 28, wherein the composition contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 40 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 12 US mesh sieve size.

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40. The composition of claim 28, wherein the composition contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 75 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

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41. The composition of claim 28, wherein the composition contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about 95 wt.% of the total of the grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

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42. The composition of claim 28, further comprising at least one additional ingredient selected from the group consisting of yeast, vital wheat gluten, sweetener, oil, lecithin, and salt.

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43. The composition of claim 28, further comprising yeast.

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44. The composition of claim 28 having a total soluble fiber content of at least about 0.7 wt.%.

45. The composition of claim 28 having a total soluble fiber content of at least about 0.9 wt.%.

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46. The composition of claim 28 having a total beta-glucan content of at least about 0.2 wt.%.

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47. The composition of claim 28 having a total beta-glucan content of at least about 0.4 wt.%.

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